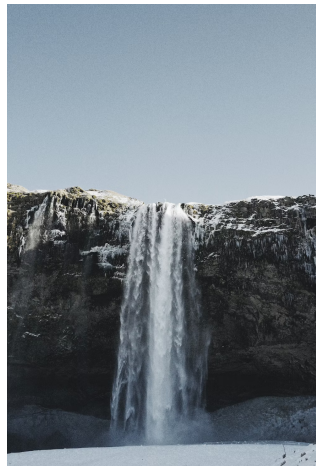




a life POURED OUT



We are called to swim into the deep. A life of long obedience in the same direction. Where you discover that nothing is a waste at the feet of Jesus. So yes, eliminate hurry but never lose urgency. We run our race until we finish well.



May Teaching Series

Into the Deep

Week 1

Reflect

Take some time to process together as a group on last week's practice:

- How did you start practicing what we talked about last week?
- How was your experience in your practice?
- Where did you feel God most present and distant this week?

Overview

God is inviting us beneath surface-level spirituality into the depths of our interior life. Jesus is not simply concerned with behavior management or correct beliefs, but with transforming the hidden places within us. Many of us ignore grief, fear, anger, and even joy because we were taught emotions are unreliable or unspiritual. Yet in the life of Jesus, we see that spiritual maturity is not the absence of emotion, but the integration of our humanity before God. As Rich Villodas says, "God does not dwell in illusion." When we hide behind masks or deny what is truly happening inside us, we cut ourselves off from intimacy with God.

Jesus shows us another way. He wept in grief, wrestled with fear, expressed righteous anger, and lived with deep joy. The invitation of discipleship is not to suppress our emotions nor be ruled by them, but to bring our whole selves into the presence of God. Beneath every emotional reaction is often a deeper story or longing that Jesus wants to heal. As we allow God beneath the surface — into the hidden places of our lives — we begin to live from our true self instead of a false self, becoming emotionally healthy, spiritually alive, and deeply rooted in God's presence.

Reading

John 11:35 NIV

Jesus wept

Matthew 26:42 NIV

“My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.”

Matthew 21:13 NIV

“My house will be called a house of prayer, but you are making it a den of robbers.”

John 15:11 NIV

“I have told you this so that my joy may be in you and that your joy may be complete.”

Discussion

Growing up, what messages did you receive about emotions and spirituality?

Why do you think many Christians struggle to acknowledge or express emotions honestly?

Have you ever experienced your body reacting emotionally before your mind understood what was happening? What was that like?

What emotion do you personally struggle to make room for: grief, fear, anger, or joy? Why do you think that is?

The teaching described hypocrisy as “wearing a mask.” In what ways are we tempted to hide our true selves from God or others?

Practice

ABBALOVE

This week, sit down with an unrecognized or unnamed emotion that you are reacting to. Use the emotional life inventory questions here to sit with your inner life and God's presence:

EMOTIONAL LIFE INVENTORY:

What happened?

What were you feeling?

What story were you telling yourself?

What does the Gospel say about that situation?

What may God be inviting you to do in response?

Closing Prayer

Pray for One Another:

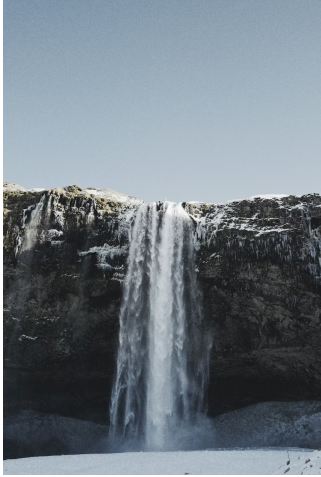
- For courage to live honestly before God
- For healing in hidden places
- For freedom from false selves and masks
- For deeper emotional and spiritual maturity in Christ

Further Resources

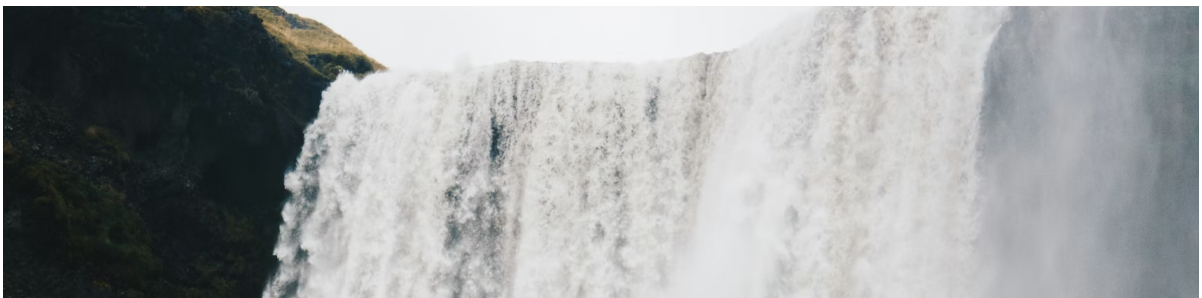
Watch: A Life Poured Out Teaching Series - Abbalove Church

Read: The Deeply Formed Life - Rich Villodas

Read: Emotionally Healthy Spirituality - Pete Scazzero



Living from a Deep Well



www.abbalovechurch.com